

(11)

Meditation, Coconut Oil, Water, and Nutrition

written by ChrisWingMaker September 2025

updated: January 1st, 2026

Meditation

In my opinion the goal of meditation is onepointedness with Prime Creator.

My personal affirmation for meditation is "Heart Conscious Breathing".

<https://www.happierhuman.com/affirmations-meditation/>

I consider meditation to be the best activity you can do for your mental (focus), emotional (peace), and physical (homeostasis) health. I meditate for 1 hour daily, and it has been an essential practice for me.

There has been a lot of good scientific research about the benefits of mindfulness and meditation:

<https://thejoywithin.org/mindfulness/the-10-best-ted-talks-on-mindfulness-inspirational-ideas-to-find-inner-peace>

Personally, I am not a big fan of the word 'mind', because its connotation implies consciousness separate from the soul, which is inaccurate. We will be soon uncovering scientific evidence of the soul:

<https://www.youtube.com/watch?v=qbkj5J91hE>

"Even your physicists have found preliminary evidence of SIN in their research with their so-called super string theory."

—WingMakers, Philosophy Glossary

<https://web.archive.org/web/20000511052817/http://www.wingmakers.com/glossary/indexg.html>

https://en.wikipedia.org/wiki/Superstring_theory

"The same year, he also published the small manuscript *De Infinito* ("On the Infinite") in which he attempted to explain how the finite is related to the infinite and how the soul is connected to the body."

"The aim of [*Regnum animale*] was to explain the soul from an anatomical point of view."

https://en.wikipedia.org/wiki/Emanuel_Swedenborg

The word 'mind' can still be effectively used, but I would always consider that the brain cannot function without blood pumping from the heart. The heart (heart chakra) is the true seat of the soul, and the pineal gland (third eye) is the secondary seat of the soul—an extension of the heart.

In my opinion, meditation should be a soul → matter flow.

soul → heart (love) → brain (wisdom) → hands (power) → matter

I think if everyone on this planet meditated daily, we would be living in a public Utopia right now. More people would be content and in the flow:

<https://www.psychologytoday.com/us/blog/the-empowerment-diary/201703/how-to-be-in-the-flow>

People would be a lot less emotionally petty and unconstructive, and they would be able to master their algorithm instead of getting constantly triggered by it:

<https://channelings.substack.com/p/djizout-the-algorithm>

Mass meditations have a positive effect on society:

<https://2012portal.blogspot.com/2025/06/make-this-viral-1221-ascension-portal.html>

<https://portal5555.blogspot.com/2025/05/mass-meditation-field-research-essay.html?m=1>

<https://massmeditationmap.blogspot.com/2025/03/quantum-depth-unlocking-planetary.html>

Here are two quotes that have helped me:

"Likewise, in all the little things of life I practiced concentration; I tried by all possible means to overcome the habitual tendency of the mind to wander, and strove to attain to what the Hindu yogi calls 'Onepointedness.'"

<https://sacred-texts.com/sro/botd/botd11.htm>

"The first step to the control of yourself is the stilling of all outer activity of both mind and body. Fifteen to thirty minutes at night before retiring and in the morning before beginning the day's work using the following exercise will do wonders for anyone who will make the necessary effort."

<https://sacred-texts.com/eso/um/um05.htm>

Coconut Oil

This may seem a little strange, but I thought I should share it, in the hope that it helps others. The cabal has unfortunately covertly weaponized a lot of the tech we use right now (cell phones, house electricity, 5G, GPS, cell towers, satellites) for control. They want to create a *Ready Player One Matrix* technodystopia, so they are trying to slowly implement a Scalar Matrix around us:

<https://www.nature.com/articles/s41598-020-79788-9/figures/1>

<https://finalwipeout.blogspot.com/2025/07/scalar-matrix-what-still-remains.html>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7868903/>

<https://www.mdpi.com/2076-3417/11/21/9993>

https://en.wikipedia.org/wiki/Body_area_network

https://en.wikipedia.org/wiki/San_Junipero

https://en.wikipedia.org/wiki/Fifteen_Million_Merits

[https://en.wikipedia.org/wiki/Nosedive_\(Black_Mirror\)](https://en.wikipedia.org/wiki/Nosedive_(Black_Mirror))

As a result, there is unhealthy microwave frequencies (and other artificial scalar frequencies) all around us that we cannot see, superimposed on the natural, God created world:

https://en.wikipedia.org/wiki/Electromagnetic_spectrum

<https://www.bitchute.com/video/wM94tdKZEBxG/>

<https://web.archive.org/web/20180203132330/https://www.biggerthansnowden.com/>
(Whistleblower website taken down by the cabal)

https://www.youtube.com/watch?v=z99_SzoXZdY

<https://stillnessinthestorm.com/havana-syndrome-in-your-neighborhood/>

<https://www.youtube.com/watch?v=o1rLEAjACz8>

<https://stop007.org/>

<https://ascendliberation.blogspot.com/2023/10/directed-energy-weapons.html>

<https://www.lovetruthsite.com/the-targeted/>

<https://www.lovetruthsite.com/silent-weapons-for-quiet-wars/>

<https://prepareforchange.net/2017/05/04/urgent-national-security-international-terrorism-alert-2/>

<https://supersoldiertalk.com/gang-stalking-crime/>

<https://www.youtube.com/watch?v=COWTBEl1rRc>
(Havana Syndrome, CBS 60 Minutes)

To combat this, I often put coconut oil around my forearms and neck. It creates a buffer between my skin and the Scalar Matrix:

<https://naturalremedyideas.com/coconut-oil-for-skin/>

Water

Humans were meant to drink pure mineral water out of rivers and streams. Unfortunately due to current cabal industrialization at the expense of nature (which we have all supported), most natural drinking water on the surface has been made impure. The human body is 70% water, and it is important to drink clean water daily to replenish that 70%. The best water to drink under the current circumstances is Reverse Osmosis or distilled water remineralized:

<https://watereggs.com.au/blog/sea-salt-to-drinking-water/>

<https://waterexotic.com/how-to-add-minerals-to-distilled-water/>

<https://alkalinewatermachinesource.com/remineralize-water-with-himalayan-salt/>

<https://whatiswaterwebsite.com/how-much-salt-to-add-to-distilled-water/>

<https://www.webmd.com/diet/health-benefits-sole-water>

If you add sea salt to your drinking water, it is important to only add small amounts—as directed in the first above article. You obviously do not want to come anywhere close to drinking salt water:

<https://massinitiative.org/why-do-people-go-crazy-when-they-drink-sea-water/>

If you don't want to add sea salt, you can add mineral drops or install a mineral cartridge:

<https://www.rosystemguides.com/how-to-remineralize-reverse-osmosis-water/>
#Choosing_the_Right_Minerals_for_Reminalization

In the future, human industry will work synergistically with nature, and we will once again be able to drink pure water directly from Mother Earth out of local streams:

<https://www.studycountry.com/wiki/how-did-people-drink-water-2000-years-ago>

Nutrition

The best nutrition is fruit:

<https://naturalfoodseries.com/11-amazing-benefits-fruits/>

My nutrition plan is basically the nutrition advice I resonated with in *IntergalacticMatch.com* and the 'ET Diet':

<https://intergalacticmatch.com/>

<https://channelings.substack.com/p/tunia-the-et-diet>

I have been following the high fruit and high-carb advice given in the 'ET Diet' and I feel that I have so much more energy now.

I also try to eat red meat around 2x/week (~1lb/week) because it is important for brain health. B6 and iron is better absorbed by the body through red meat than vegetables/grains:

<https://advancedfoodintolerancelabs.com/blogs/news/the-benefits-of-vitamin-b6-in-red-meat-how-it-supports-energy-and-brain-health>

<https://carnivorediabetic.com/whats-new/the-role-of-red-meat-in-cognitive-function-and-mental-health/>

<https://www.beckandbulow.com/blogs/meat-benefits/eating-meat-can-make-you-smarter>

Everyone is different, but I think the best advice is to eat minimally processed food, directly from Mother Earth:

<https://www.health.harvard.edu/staying-healthy/guide-to-the-mediterranean-diet>

I also sometimes eat animal crackers (flour, processed vegetable oil, sugar, high fructose corn syrup) to temper my body's addiction to processed food from having been raised on the SAD diet:

<https://fullscript.com/blog/standard-american-diet>

I do enjoy processed food, but I consider it to be for fun, not as my nutrition. Processed food is also beneficial for prepping, because it has a long shelf life:

<https://www.skilledsurvival.com/preppers-checklist/>

Canned food is also great because it has a long shelf life:

<https://preppingplanet.com/longest-lasting-canned-foods/>

Part 2: Buddy Versus Brother

There is often a disrespectful energy behind the word "bud" or "buddy" (and sometimes "pal") right now (America, 2025), and it is something I want to call out.

Men have been using "bud" as a cheap shot to try to talk down to one another, with the implication being "you are not masculine". Obviously many people use it innocently without this intention, but the energy behind the word is still there.

There is a reason why the name of the main character in this movie is named "Buddy":

[https://en.wikipedia.org/wiki/Elf_\(film\)](https://en.wikipedia.org/wiki/Elf_(film))

This is also a good example:

<https://www.youtube.com/watch?v=GeAcikP5N7M>

It is time for humanity to start treating each other with mutual respect (Source equality):

<https://www.masterclass.com/articles/mutual-respect>

https://en.wikipedia.org/wiki/Golden_Rule

We are ultimately all brothers and sisters—all children of God. A much better way for men to address each other is "brother" (or young man, man, sir):

<https://en.wikipedia.org/wiki/Agape>

<https://en.wikipedia.org/wiki/Philia>

<https://www.youtube.com/watch?v=uEC7tPPKAXQ>

Women in America do not like being called ma'am because it makes them feel old, and they prefer miss:

<https://www.cnn.com/2023/03/12/us/maam-sir-polarizing-words-cec>

<https://jennymag.com/2025/03/06/dont-call-me-maam/>

This is a similar situation, but like a petty/cheap competition for insecure men.

To be clear, I am not talking about someone referring to a friend "my buddy and I were talking", but rather when a man directly addresses another man "hey buddy" with disrespectful intention.